



Test Taking Tips for Students

You Can Control Your Test Anxiety!

- Think positively before you begin the test. For example say; "I will do well on this test!"
- Use your imagination in a positive way. When you let your imagination go wild, anxiety is sure to follow. Learn to imagine yourself remaining calm and in control. Cast yourself in the role of a winner!
- Have a healthy diet and exercise regularly.
- Learn to relax. Get comfortable. Tighten the muscles in your toes. Hold for a count of ten. Relax and enjoy the sensation of release from tension. Flex the muscles in your feet. Hold for a count of ten. Relax. Move slowly up through your body-legs, abdomen, back, neck, and face-contracting and relaxing muscles as you go.
- Breathe deeply and slowly.
- Use relaxation techniques if your mind is blocked by tension during the test. Close your eyes and take a deep breath and let it out slowly. Concentrate on your breathing and then return to the test.
- Be honest when discussing your fears and the pressures you feel with others. Sometimes just talking about a concern is helpful.
- Deal with pressure before it has a chance to build. Get help from your teachers and/or parents if you don't understand something. Have good attendance at school, do your homework and work hard in school so that you will be prepared for tests.

OCPS Guidance Department